



April 19, 2021

Dear Students,

Recently I shared updated COVID-19 (Coronavirus) information from William Nettleton, M.D., Medical Director of Kalamazoo County Health and Community Services Department and Calhoun County Public Health Department and today I am asking you to review the information again.

As of April 13, 100,187 Kalamazoo County residents have initiated (46.71% of those eligible) and 67,785 have completed their COVID-19 vaccination series, yet we require further vigilance to protect our college and the broader community. Kalamazoo County's overall COVID-19 case rate, percent of positive tests and hospitalizations, have increased significantly in the last several weeks, particularly in younger populations. The more contagious B.1.1.7 variant also continues to be detected in Kalamazoo County.

The college continues to encourage everyone to seek access to the vaccine. According to Dr. Nettleton, vaccination is critical to ending this pandemic. Please visit the CDC [website](#) for additional information.

According to all public health officials, even fully vaccinated people should continue to take precautions in public and when visiting unvaccinated people at risk for severe COVID-19 disease by wearing a face covering, practicing safe social distancing and avoiding medium and large social gatherings.

Keeping the college safe is a shared responsibility. Following all public health and safety guidelines, both on and off-campus, and accessing the vaccine will help minimize the spread of disease.

Thank you for your continued efforts and resilience during these hard times.

Sincerely,

A handwritten signature in black ink that reads 'L. Marshall Washington'. The signature is fluid and cursive, with a large initial 'L'.

L. Marshall Washington, Ph.D.  
President





### COVID-19 Vaccine Information

Kalamazoo County Health & Community Services Department recently announced that people who are 16 years of age or older who live in Kalamazoo County are eligible to receive a COVID-19 (Coronavirus) vaccine from the health department.

Appointments are released on Mondays at 7 a.m., 12 p.m. and 5 p.m. at [www.kalcounty.com/covid19vaccine](http://www.kalcounty.com/covid19vaccine). New appointments may be added after Monday and throughout the week as existing appointments are canceled. The health department's COVID-19 Call Center is 269.373.5200.

All eligible residents are also encouraged to explore vaccination through other vaccine providers in the area, including Meijer Pharmacy and Rite Aid Pharmacies.

The Comstock Community Center is hosting a vaccination clinic on Tuesday, April 27, from 10 a.m. - 4 p.m. Call 269.345.8556 to pre-register and set an appointment.

Other options for vaccinations are available through [Vaccine Finder](#).

Although these opportunities are not sponsored by Kalamazoo Valley Community College, we are encouraging all employees to access the vaccine when it becomes available to them.

## PUBLIC SAFETY

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Dear College Community,

Kalamazoo Valley Community College is dedicated to the safety and security of our students, staff and faculty. Local news agencies have recently reported a dangerous situation involving suspected college

student beverage tampering. It is with the utmost concern that Kalamazoo Valley Public Safety would like to remind everyone to put **Safety First**.

When going out, "**Keep an eye on your friends**." Stay with your group, plan to arrive together and leave together. If something doesn't look right, "**say something**." Don't be afraid to let a friend know if something or someone is making you uncomfortable or if you are worried about your safety.

**Have a plan.** Situations change, make sure you have a "back up" or alternative way to get home safely.

**Trust your instincts.** If you feel unsafe, uncomfortable or worried, don't ignore these feelings. Get somewhere safe and find someone you can trust or call the police.

**Know what you are drinking or eating.**

**Don't leave your drink or food unattended.**

**Be aware of sudden changes in the way your body feels.** Some drugs are odorless, colorless and/or tasteless. These drugs can be added to your drink or food without you noticing. If you feel strange or uncomfortable tell a friend. Get to a safe place, seek medical help and call the police.

Your safety is the priority! If you suspect that you are the victim of this type of incident, please notify the police. Please share this information with others within our community.

For additional information or if you need assistance, please call 269.488.4575.

Be safe!

Don Benthin  
Director, Department of Public Safety  
Kalamazoo Valley Community College



### **Ned Foskey Poetry Prize Winners Announced**

Winners of the Ned Foskey Poetry Prize Contest were recently announced. They include:

**First place:** "Caught Up in You," Dusti Morton

**Second place:** "Birth," Diego Amaro

**Third place:** "Storm in the Sea," Victoria Reinbold

#### **Honorable Mentions:**

"Children's Tales," Victoria Reinbold

"The dead keep their secrets," Dusti Morton

"I Know It Sounds Crazy," Jennifer Baker

"The Depths," Sam Beeson

"A Year of Killing Snakes," Andrew C. Prout

The Ned Foskey Poetry Prize virtual reading takes place on Friday, April 23 at 4 p.m. Listen to winners read their poems during this online event. Kalamazoo poet and contest judge Margaret DeRitter will introduce the winners and read from her own work. Please register for this event at:

<http://bit.ly/NedFoskeyPoetry>

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### **Green Earth Electronics Recycling Event**

Community members, businesses and residents from surrounding communities are encouraged to recycle their unwanted electronic items at Kalamazoo Valley Community College. The event will be located outside in the main parking lot at the Texas Township Campus Friday, April 23 from 11 a.m. - 4 p.m.

If you plan to participate, we ask that you help us to keep everyone safe at the event by wearing a face covering, practicing 6 ft. social distance and not attending if you feel ill. A full list of the college's Guest/Visitor Expectations can be found [HERE](#).

Green Earth Electronics Recycling will be operating the event. Accepted items include: computers, laptops, monitors (fee), TVs (fee), telephones, cameras, DVD players, cords/cables, printers, toner cartridges, cell phones, refrigerators, air conditioners, appliances, and any other electronic items or items with a cord. A handling fee will be collected for ALL monitors of any size (\$10 per monitor) and ALL televisions of any size (\$20 per TV). Additionally, a handling fee will be collected for any items containing Freon (\$10 per item).

Visit [www.greenearth1.com/fees](http://www.greenearth1.com/fees) for more information about the fees. All other items are recycled free of charge. Hard drives are wiped to Department of Defense specifications or shredded.

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# FACULTY SUCCESS CENTER

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## Nominate Your Favorite Instructor Today!

Do you have an instructor who has made a big impact on you? Nominate him or her today for the Eleventh Annual Faculty Instructional Awards.

The awards are designed to recognize those instructors who actively encourage students' intellectual curiosity, engage them in the enterprise of learning and have a life-long impact. Nominations are accepted through April 30. Complete the nomination form [here](#).

## April is Community College Month



### Kalamazoo Valley Celebrates Community College Month

Kalamazoo Valley Community College is joining with thousands of other community colleges across the country to celebrate Community College Month. The month-long celebration recognizes the contribution these colleges and their graduates make in communities around the nation.

"This past year has proved that our college is absolutely vital to our community and our state," said Kalamazoo Valley President L. Marshall Washington, Ph.D. "Kalamazoo Valley is a first-class institution that works to change people's lives for the better. It should be celebrated not just this month, but every month, day, hour and minute." [more](#)

## VIRTUAL ANM & ART STUDENT SHOW OPENS MAY 7

### May Art Show Features Work by ANM and ART Students

The Center for New Media will host the Student Art Show during the month of May. The exhibit will premiere during the May 7 Art Hop event. It will feature works by ANM and ART students. The virtual

event will also feature animations and short videos that were collaborated on by students from instructor Julie Stotz-Ghosh's creative writing class and Jeremy Strait's web development, video production and multi-media classes as a part of the annual Poetry in Motion project. Images will be posted on the Center for New Media's [Facebook](#) and [Instagram](#) accounts.

Digital entries for the show will be accepted for consideration until 4 p.m. on April 30, 2021. Students should provide work as high-resolution digital images for this virtual show. [More](#)



### [Learn About Transferring to U of M's Stamps School of Art and Design on April 24](#)

The Winter 2021 [Stamps Transfer Institute](#), a free virtual program designed for community college students across the US and hosted by the [Stamps School of Art & Design at the University of Michigan](#), takes place on Saturday, April 24 from 11 a.m. to 2 p.m. [Registration is now open!](#)

Stamps Transfer Institute is designed for current community college students interested in transferring to a four-year art and design program. This program is focused on developing each participant's transfer readiness and fluency. Students will participate in a comprehensive review of our transfer guidelines with Stamps Admissions staff, engage with current Stamps students through a Q&A and learn about financial aid and scholarships from the Office of Financial Aid.

**Event Date:** Saturday, April 24, 2021 / 11 a.m. - 2 p.m.

**Host:** Stamps School of Art & Design at the University of Michigan

**Location:** Virtual

**Cost:** Free

**Registration Required:** [Sign up here](#)

Stamps Transfer Institute registrants should have a strong interest in pursuing an art and design education as transfer students and should be currently enrolled in your institution. All Stamps Transfer Institute participants earn a SlideRoom fee waiver for their undergraduate portfolio submission.



### Essay Contest Submissions Due by May 3

Students are encouraged to turn their prose into profit by entering the English department's annual essay contest. Students who submitted an essay during 2020 are asked to resubmit to make sure their entries are included. The deadline for entries is 5 p.m. on May 3, 2021.

Entrants are eligible to compete for cash awards and publication in the 2020-2021 edition of *Winning Essays*. This publication becomes part of the Kalamazoo Valley library's permanent collection. Entries should be essays written in English 098, 099, 110, 111, and 160, and in any 200-level English literature class. Winners will be notified by mail during the summer of 2021 as soon as the judges have made their decisions.

The Ron Miazga Memorial Award for Descriptive Writing, a category introduced in the 2012-2013 essay contest, will be part of this year's competition as well. The \$150 award for this category's winner will recognize the essay or short fiction piece that best captures a sense of place. The winner should demonstrate effective descriptive writing, which includes such elements as a specific detail, figurative language and an appeal to multiple senses. Freshness, vividness, and inventiveness in language that put the reader in the place the writer has experienced or imagined are critical to this effort.

Essays entered in this category should have been written in English 110, 111, 160, or 220 during the summer and fall of 2020 and the winter of 2021. Download the entry form [here](#).

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## STUDENT EMPLOYMENT SERVICES

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Job postings on Kalamazoo Valley's job board, Career Coach, continue to soar! More than 180 jobs are currently posted with new jobs being posted each day.

What kinds of jobs? There is something for everybody. Visit [Career Coach](#) to learn more. If you would like help with job searching, creating a resume or practice interviewing, Student Employment Services can help. Call 269.488.4040 or email [careercenter@kvcc.edu](mailto:careercenter@kvcc.edu).

Jobs include:

### **Allied Health Careers**

Multiple direct care worker jobs at various companies  
Simulation Tech - WMU Homer Stryker MD School of Medicine

### **Business/IT**

Help Desk Analyst - Imperial Beverage  
Accounting Technician - Residential Opportunities, Inc.  
Inside Sales Associate - Special-Lite  
Marketing Intern - Senior Services  
Programming Intern - Special-Lite  
Information Technology Assistant - Residential Opportunities Inc  
Member Service Representative - YMCA

### **Education**

Several jobs at YMCA, KRESA, EDUStaff

### **General Studies**

Painters - Moon Custom Painting (will hire high schoolers)  
Multiple warehouse opportunities: Kalamazoo Xray, Imperial Beverage, FedEx  
Doggie Daycare Worker - Camp Fido  
Cashier - Crystal Car Wash and Harding's  
Landscaping - DeVisser Landscape

### **Culinary**

Multiple positions at Gull Lakeview Golf Club, South Haven Yacht Club, Fletcher's Pub  
Baker - Big Apple Bagels  
Bakery Manager - Harding's  
Multiple culinary jobs - Crow's Nest

### **Trades**

Maintenance Technician, Electrician - Denso  
CNC, CAD, Machining - Tri-Mation  
General Mechanic - Behnke, Inc (will train someone with just a couple auto classes taken)  
Maintenance Tech - Summit Polymers  
Tool & Die - Burrough's



### **Get Involved on Campus (Virtually)**

The Office for Student Life and Engagement is here to connect you with a number of events in our new virtual space. From meeting with transfer colleges to making a budget, to learning about your strengths -



our office offers learning opportunities outside the classroom. Meet new people and connect with campus contacts to make your college experience count.

Upcoming events include:

**April 20 | Transfer Tuesday: Olivet College | 1 - 2:30 p.m.**

Are you interested in transferring to Olivet College after goal completion at Kalamazoo Valley? Meet with admission representatives to learn more about the transfer process. [RSVP](#) to get the Zoom link.

**Student Organizations**

Did you know Kalamazoo Valley has a number of student clubs and organizations? From dance club to anime there is something for everyone. Clubs are a great way to meet people virtually! Check out the complete list [here](#). Want to start your own club? Contact Coty Dunten at [cdunten@kvcc.edu](mailto:cdunten@kvcc.edu).

**College Social Media**

Be sure to like us on [Facebook](#) and follow us on both [Instagram](#) and [Twitter](#) for all of the latest campus news. **Check college social media during finals week for fun giveaways and prizes.**

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# ADVISING & COUNSELING

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**What Does it Mean to "Sit with Your Feelings?"**

What does it mean when a therapist tells a client to, "sit with your feelings"? At first glance, feelings have two elements - thoughts and physical sensations. Anxiety, for example, can be a combination of tightness in the chest and racing thoughts about things we can't control. Grief often has the physical tag of a hollowness in the stomach paired with our thoughts of loss and heartbreak. The first step in sitting with our feelings is labeling the physical sensation. Where in your body do you feel it? What shape is it? Is it heavy? Tingly? Tense? Is it moving?

We are biologically wired to avoid feeling difficult stuff, so identifying the sensation accompanying our feelings is a technique that allows us to be just a little more present with them. It communicates, "I see you. I'm witnessing." So drop the thoughts and spend a few minutes developing an awareness of the physical sensations.

You might ask yourself which came first, the thoughts or the sensations. Sometimes the sensation drives the thoughts, but sometimes the thoughts generate the sensation. Perhaps you notice that as you let yourself ruminate about your anxiety, the tightness in your chest increases (thoughts drive sensation). Or you might first become aware of the tightness in your chest, and then scan your brain for your usual go-to topics to be anxious about (sensation drives thoughts). In either case, notice that the sensation is separate from the thoughts. Once we're able to identify the relationship between our thoughts, emotions, and physical sensations, we're able to understand how to manage specific situations in a healthy manner.

To make an appointment with a counselor, please call 269.488.4040.

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# STUDENT PROFILE

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## Julie Kelley



### **Student Profile: Julie Kelley**

Julie Kelley has always enjoyed hands-on maintenance work, but the Cedar Springs native initially thought she wanted to be a nurse after high school graduation in 2008. She owned and operated a Subway restaurant franchise for a few years and also joined the military. She's found her niche as a machine repair apprentice at Pfizer and is enrolled in Kalamazoo Valley's industrial maintenance mechanic program.

She was formerly a line operator at Pfizer, but she knew she'd be happier as a mechanic so she enrolled in classes and was able to switch jobs at work. "I've always done hands-on maintenance with my dad - small engines, motors, and what not and I'm a mechanic in the military reserves. I really enjoy wrenching on stuff," Kelley said.

She's taking some classes through Kalamazoo Valley's apprenticeship program and some apply to her industrial maintenance mechanic degree. "I don't consider my work a job because I enjoy going to work every day. It's all stuff that interests me. It's like going out and doing a hobby. And a lot of what I'm learning at Valley coincides with my job and vice versa," she said.

Kelley comes from a family of nurses and originally planned to become a nurse. "I was studying nursing because my mom was a nurse and my grandma was a nurse," she said, "I wish early on I would have gone with my gut. If I were to go back, I'd try a little bit of everything before making a decision."

And despite the change in career plans, she has never doubted that she's on the right path now. "I've never once felt intimidated or looked down upon," she said. "Even the guys I work with are super cool and I'm the only machine repair girl."

Kelley has no regrets. "Go with your gut," she advises other students. "If that's what you like to do, it doesn't matter what anyone else thinks."

# LIBRARIES

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## Kalamazoo Valley Libraries: Cut Out the Citation Stress

It's the end of the semester crunch time again. Get the help you need! It's no secret that many people struggle with citations and the formatting of papers. The Libraries are here to help. Whether you need assistance understanding what citations are, or have questions on paper and citing formats, we are the perfect resource for you.

- **Citation Research Guide:** Check out our new research guide which will walk you through the basics of what citations are, the different citation styles, formatting guidelines, How-To videos, and introduction to NoodleTools, as well as additional resources.
- **One-on-One Help:** If you need individual attention, we offer a range of options including phone, email, Zoom meeting by appointment, 24/7 chat and in-person assistance. See our contact information and hours below for details.

Simplify the end of your semester and contact us today!

- Call: 269.488.4380
- Email: [libraries@kvcc.edu](mailto:libraries@kvcc.edu)
- **Chat** with us
- Online: <https://www.kvcc.edu/library/>
- Zoom by appointment, please **email** to schedule

### Virtual Hours:

Monday - Thursday | 7:30 a.m. - 9 p.m.

Friday | 8 a.m. - 5 p.m.

Saturday | 10 a.m. - 2 p.m.

**Chat** with a college librarian 24/7

### Library Open Hours:

**Texas Township Campus Library (TTC)**

Monday - Friday | 8 a.m. - 5 p.m.\*

**Arcadia Commons Campus Library (ACC)** (located in Anna Whitten Hall, Room 321)

Monday - Friday | 8:30 a.m. - 4:30 p.m.\*

### Curbside Assistance:

**Texas Township Campus Library (TTC)**

Monday - Friday | 8 a.m. - 5 p.m.\*

\* Beginning April 13, the libraries will be closed on Tuesdays from 8 - 9 a.m. for staff training.



### Need Food? Valley Food Share Can Help

Valley Food Share is an initiative designed to meet the immediate food needs of Kalamazoo Valley students. Through the program, currently enrolled students can pick up a box, or a "share" which includes food grown locally and sourced through our own Food Innovation Center as well as nonperishable items from Kalamazoo Loaves and Fishes, to take home. The college has provided students with shares once a week for the last year.

Valley Food Share distribution is currently a drive-thru service on Thursdays between 2 - 4 p.m. alternating between the Food Innovation Center and the Texas Township Campus. You will receive an email each Thursday afternoon with a link to sign up for a box of food for the next week. If you come by car, we ask that you remain in your vehicle and the share will be placed in your trunk by college employees. If you come on foot or on a bicycle, please wear a face mask.

If you have any questions, please email [foodshare@kvcc.edu](mailto:foodshare@kvcc.edu).

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## STUDENT SERVICES

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### Need Assistance? Student Services can Help!

Students who need assistance can schedule:

1. Virtual appointments
2. In-person appointments (by appointment only)

Click [here](#) for a complete Student Services contact list.

Call or email for an appointment so that we can best serve you. You can also [self-schedule](#) your appointment through MyValley. Click on "Schedule an Appointment with Student Services" under My Links.

All students and guests who schedule in-person appointments are required to adhere to **strict safety measures**.

- Face coverings must be worn properly at all times.
- When possible, proper social distancing of a minimum of six feet must be observed.
- Frequent hand washing along with the use of hand sanitizer.
- Completion of a daily [health assessment](#) prior to arriving on campus.

*Kalamazoo Valley Community College follows the guidance of the Kalamazoo County Public Health Department related to COVID-19 testing. Access the most up-to-date information about testing locations and appointments on its [website](#).*

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